



Classic Eggnog

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



405 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 0.5 cup brandy
- ☐ 12 large eggs lightly beaten
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 4 cups half-and-half
- ☐ 4 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups whipping cream

Equipment

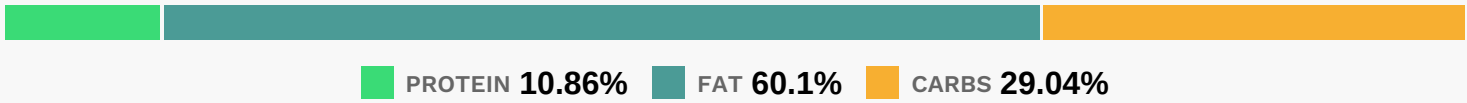
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Gradually add sugar to eggs in a large glass mixing bowl, whisking until blended. Set aside.
- ☐ Stir together half-and-half, milk, and salt in a Dutch oven over medium-low heat. Cook, stirring occasionally, 12 to 15 minutes or just until mixture begins to bubble around edges of pan. (Do not boil.)
- ☐ Gradually stir half of hot milk mixture into egg mixture. Stir egg mixture into remaining hot milk mixture in Dutch oven.
- ☐ Cook mixture over medium-low heat, stirring constantly, until mixture slightly thickens and a thermometer registers 160 (about 25 to 30 minutes).
- ☐ Remove from heat, and stir 1 minute.
- ☐ Pour mixture through a fine wire-mesh strainer into a serving bowl. Stir in bourbon, brandy, and vanilla; let cool 1 hour. Cover and chill at least 4 hours.
- ☐ Beat whipping cream at high speed with an electric mixer until soft peaks form. Fold whipped cream into chilled eggnog, and sprinkle with nutmeg.
- ☐ Eggnog With Coffee and Irish Cream: Prepare recipe as directed, substituting 4 1/2 cups chilled strongly brewed coffee and 3 cups Irish cream liqueur for bourbon and brandy. Prepare and fold in 2 cups whipped cream as directed. Omit nutmeg.

Garnish with additional whipped cream and thin chocolate mints, if desired. Makes about 1 gal.
Note: For testing purposes only, we used Baileys The Original Irish Cream and Andes Cremede
Menthe Thins for chocolate mints.

Nutrition Facts



Properties

Glycemic Index:13.87, Glycemic Load:15.13, Inflammation Score:-5, Nutrition Score:9.0965218697877%

Nutrients (% of daily need)

Calories: 404.52kcal (20.23%), Fat: 24.85g (38.23%), Saturated Fat: 14.31g (89.47%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 27.01g (9.82%), Sugar: 26.92g (29.91%), Cholesterol: 215.05mg (71.68%), Sodium: 168.64mg (7.33%), Alcohol: 5.53g (100%), Alcohol %: 2.94% (100%), Protein: 10.1g (20.2%), Vitamin B2: 0.46mg (27.2%), Selenium: 16.65µg (23.79%), Phosphorus: 225.44mg (22.54%), Vitamin A: 1016.4IU (20.33%), Calcium: 192.83mg (19.28%), Vitamin B12: 0.88µg (14.68%), Vitamin D: 2.02µg (13.49%), Vitamin B5: 1.12mg (11.24%), Potassium: 269.88mg (7.71%), Vitamin B6: 0.15mg (7.57%), Zinc: 1.12mg (7.47%), Vitamin E: 0.91mg (6.04%), Folate: 22.06µg (5.51%), Magnesium: 21.47mg (5.37%), Vitamin B1: 0.08mg (5.29%), Iron: 0.78mg (4.35%), Copper: 0.04mg (2.23%), Vitamin K: 2.17µg (2.07%), Manganese: 0.02mg (1.09%)